



## ***GT JIU-JITSU JUNIOR YELLOW BELT SYLLABUS (7<sup>TH</sup> KYU)***

- 1. Throws (Nage Waza):**
  - Ogoshi
  - Koshi Guruma
  
- 2. Arm Bars:**
  - From front mount or side control
  - From guard
  
- 3. Defending Kicks While on Ground:**
  - Recumbent ankle takedown
  - Single leg takedown into foot lock
  
- 4. Standing Front and Rear Choke Defenses:**
  - “V” choke from rear into throw or takedown
  - Rear choke into strikes and **Koshi Guruma**
  - Front choke into windmill
  
- 5. Standing Arm and Shoulder Controls:**
  - Facing shoulder arm control
  - Shoulder Seizure into various controls
  
- 6. Prone Shoulder Control**
  
- 7. Lapel Grab Defenses:**
  - Elbow Pull
  - Elbow Strike
  - Wrist controls
  
- 8. Single leg Takedown Variations**
  
- 9. Hair Pull Defenses (pull down & shoulder/arm control)**
  
- 10. Breaking Ground Chokes**
  - Wedge break and uppa from front mount
  - Arm bars and reversal from guard
  - Wrist controls

**\* After exhibiting competency of the above techniques, you will be eligible for: Orange Belt (6<sup>th</sup> Kyu).**